

FITNESS GURLS

US EDITION 

AUG/SEPT 2022

TOTAL BODY TUNEUP


POWERUP YOUR WORKOUT

BACK IN SHAPE

KEEP YOURSELF HEALTHY YEAR ROUND



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ALL ELITE'S
TONI STORM 
UNDENIABLY IT'S TONI TIME!
ONE OF THE **HOTTEST** STARS IN PRO WRESTLING TODAY



FITNESS GURLS

HEIDI CANNON

THE BEAUTIFUL BAD ASS

SYD LANGSTON

THE BIKINI BOMBSHELL

CAITHLEEN HEFFERNAN

RELAX WITH THE HEALTHY CHEF



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AUGUST/SEPTEMBER 2022
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TONI STORM

Our cover model is the stunning Toni Storm.
One of the most beautiful wrestlers in the world.

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FIT CELEBRITY CHEF

CAITHLEEN HEFFERNAN

We sit down with fitness celebrity chef and cookbook author Caithleen Heffernan. Talking about her latest cookbook, her plans for the future, and more. Don't let her fool you, beyond the world-class bikini body is one of the best entrepreneurs in the fitness industry today.

PHOTOGRAPHED BY @ELITEAMBITIONSPHOTOGRAPHY

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People starting their fitness journey can be hard on themselves for their lack of knowledge. They fear they don't have the experience to work out properly yet will only gain it if they begin. As a veteran, how would you recommend they bypass this mental tick and get started?

I would say just start! We all had to start somewhere. I started about 25 years ago in the gym. Maybe it's best to start at home if you don't want to be awkward. I used to read fitness magazines and started doing crunches on my bedroom floor with my sister all sorts of clutter around. We didn't know what we were doing. We didn't know for sure if our form was right. But when you do it, it's hard and you learn from doing what feels right and what feels wrong. I'd recommend now going on YouTube and doing some follow-along workouts and getting comfortable with movement if you are really new. And maybe when you are comfortable go to the gym with a friend or talk to a trainer at the gym to put you on a specific program to show you how to do the moves. And actually, show up and do them over and over so you feel comfortable. Repetition is the mother of skill – Tony Robbins says you need to keep consistent and that will grow your confidence to try new things.

What is your workout regimen like these days?

Right now I'm working on developing 2 fitness app programs. So, I am doing the workouts, researching moves, and usually training about 6 days per week with weights for about an hour. I mix it up. I'm also creating content for my youtube channel so I shoot those workouts as well. I generally train my upper body 2-3x per week and lower body 2-3x per week and abs 3x per week. I do cardio light right now and a lot of walking.

People looking to work out are often intimidated by the relationship with food they'll have to manage. As someone that's written their very own cookbook—the successful *The Bikini Body Cookbook* -- is that really true? What kind of changes would one need to make to their diet?

I haven't really found that. People seem actually unaware of the relationship with the food required until they actually get into it and that seems to be an epiphany, I've found that for most of my clients, not the other way around.

I don't try and push any one way of eating on anyone. I believe people are going to naturally gravitate to certain types of diets based on spiritual beliefs, belief systems, and preferences. There are 4 main diets that I have been working with and that is regular, pescatarian, vegetarian and vegan. In all 4 of these, I do recommend the core of it to eat whole and natural foods. Unprocessed and in its natural state as much as possible. You definitely need to eat up. Being hungry and training is not good!

What inspired you to begin your fitness journey?

I honestly just wanted to look and feel my best. I started in fitness in high school and my diet was not in check at all. I had a lot to learn. So, I read a lot of fitness magazines probably in the hundreds and the girls in the magazines and their success stories and the model's stories inspired me. Seeing people before and after photos made me feel like it was possible for me too. I continue to learn to this day.

What are 3 exercises you can recommend for a quick workout session on a busy day?

I honestly think walking is highly underrated. If you are busy going for a quick walk can make such a big difference in mood and wellbeing.

Hip thrusts are my fave for growing the booty. I'd say you can do them anywhere even with light weight.

Bicycle crunch. This one is great cause all you need is a carpet or floor. You can do it at home while watching tv or just if you have 15 mins to do abs at home really quickly you can fit it in.

What drives you to keep going on rough days?

Coffee! And affirmations. I try and remember to stay positive and what's affecting my mood. It's not always easy. But if you can hone in on what's bothering you or what's affecting your mood and then ask yourself” but what DO I want?” And focus on that instead then I believe miracles will happen for you.

Ex: Having a bad day not wanting to go to the gym.. life sucks. Tired.. grumpy. But what do I want?

“I want to be happy, healthy get my workout in, and get a good night's sleep, so I feel amazing tomorrow”

We move towards what we focus on so focus on the good, focus on what you want, and what's best for others at the same time.

When preparing for a shoot, what are some differences in your workout regimen?

I definitely show up more for my workouts. Push a little harder. I do more cardio than I would normally. I also get more sleep! Which is uber important. I usually try to make my workouts my #1 priority if I have something coming up. So that being said I go first thing in the am so it's done and out of the way before anything makes me too tired to get my workout in.

Hip thrusts are my fave for growing the booty. I'd say you can do them anywhere even with light weight.







How can newcomers on their fitness journey better manage their relationship with food?

I think people need to really be aware of the difference between whole food and processed food. If people could get a handle on that one thing it would change their bodies drastically in a positive way.

If you could have one absolute favorite meal of all time that wouldn't affect your body, what would it be and why?

I actually love pizza! It's just so yummy! Cheese has been my vice.

Some people could mistake consistency for intensity when trying to get their ideal body. What would you suggest they do to get out of that mindset?

Being consistent with fitness can be as much as doing a yoga class or going for a walk which is not that intense. And doing it regularly.

Intensity is bringing up the reps, sets, and weight or duration. Consistency and intensity are just not the same thing. So, I'd just explain that to them.

You can be intense in your workouts for a short duration or a period of time and be consistent in fitness low intensity as well. It's nice to mix it up I think while staying consistent with some lower intensity stuff too so you don't totally exhaust yourself. Once you do get to your ideal weight you can pull back a bit and do lower-intensity stuff. It doesn't have to all be high intensity. I'd honestly say though above all else a healthy diet is more important than intensity or consistency with workouts for physical changes from what I've seen.

Do you have any inspiration within the fitness community?

I think all people in fitness are inspiring. I think we all go through highs and lows and just seeing someone transform their body can be such good inspo. My own clients reinspire me. Seeing people before and after transformations either weight loss or adding muscle is so incredible to me.

I do enjoy going to fitness competitions and seeing people compete and the Bikini Olympia is inspo. I am at the point in my life where a healthy balanced lifestyle to me is more important than a stage look though.

If you could work with anyone in the industry, who would you work with?

I honestly think it would be soo cool to go to New York and do or shoot a booty workout with Jen Selter! #seltering

What's your no.1 favorite travel destination for work or vacation?

My favorite place I've gone to so far is Thailand. It's such a magical place! Can't wait to go back.

If you could give your younger self some advice, what would it be?

That's a very tough question to answer. It's always easy to give advice when you think the outcome would end positively. I've come to the conclusion that nothing is as it seems, and life is short. Very short and unpredictable. I would honestly tell myself to go to church every Sunday and possibly more in the week. And to follow not just what feels right but what is right.



10 Ways To Tune Up Brain Power

A person with more brainpower has the more chances of success in every competitive field. Your brain is similar to a muscle. Psychologists say that you can grow your mental faculties as much you want. Here are a few tips to improve brain use:

1. Physical exercise. Physical exercise strengthens your brain. Exercise benefits your brain cells. The blood vessels inside your brain dilate and increase blood flow when you engage in regular exercise. Exercise helps to eliminate toxins and allows oxygen and other nutrients to flow into your brain strengthening your brain cells.

2. Mind exercises. Concentration and clear thinking are more or less automatic once you remove distractions. Learn to stop and watch your busy mind. As you notice things that are subtly bothering you, deal with them. This might mean making a phone call you need to make, or putting things on a list so you can forget them for now. With practice, this becomes easier, and your thinking becomes more powerful.

3. Healthy breakfast. Start your day with a healthy breakfast. Skipping breakfast affects your brainpower and performance at home, school or work. Minimize your eating during the day to mostly live raw fruits and veggies and their juices. This will help you detoxify and nourish your brain with essential nutrients and antioxidants to protect your brain from daily free radicals assaults.

4. Increase Water Intake. Given that your brain is about 80 percent water, the first rule of brain nutrition is adequate water to hydrate your brain. Even slight dehydration can raise stress hormones, which can damage your brain over time. Drink at least 84 ounces of water a day. It is best to have your liquids unpolluted with artificial sweeteners, sugar, caffeine, or alcohol. You can use herbal, non-caffeinated tea bags, such as raspberry or strawberry flavored, and make unsweetened iced tea. Green tea is also good for brain function as it contains chemicals that enhance mental relaxation and alertness.

5. Keep journals and notebooks. All the smart people write down their ideas, thoughts, and observations. Writing things down lets, your brain knows that you value “it’s” ideas. How does it reward you? By providing more ideas and better ideas. Writing things down creates a feedback loop that makes you smarter. You objectify your thoughts onto paper and that helps you think about them in a more powerful

way. This is a great way to improve your brainpower.

6. Think positively. Thinking positively enables you to access your higher thinking abilities. When you are positive and feeling good, your mind functions smoothly. Ask yourself emotion-leading questions like, “What am I grateful for right now?” and “Who do I love and who loves me?”

7. Make sure you sleep enough. Your brain is rejuvenated during those sleeping hours. Research from the University of California suggests that if you have been awake for 21 hours straight, your abilities are equivalent to someone who is legally drunk. Sleep allows your brain to process new memories, practice new skills and solve problems. Therefore, a good night’s sleep is essential to boost your brainpower. How many hours sleep constitutes a good night’s sleep will vary between individuals, but between 6 ñ 8 hours, sleep is normally considered sufficient.

8. Creative Visualization. Use the power of Creative Visualization. Creative Visualization is a technique that involves the use of mental energy to transform and improve the life of the individual who uses the technique. You can use your brain’s mental energy to improve your life because your imagination is incredibly powerful and, when used correctly, can enhance your life by creating what you really want. Creative visualization can be used to accelerate learning, improve memory and motivation, and of course, improve brainpower!

9. Develop your creativity and your intuition. Creativity gives power to your thinking. Raw computation can be done by computers now, but humans provide the creative thought that shapes our world. Intuition can be an important part of brainpower. Einstein and others have relied heavily on their intuitive hunches.

10. Make a brainpower plan. It takes about twenty to thirty days of repetition to establish new habits, many psychologists will tell you. This means that when you create your plan for improved brainpower, be sure you plan to use that new problem-solving technique or eat those new brain foods for at least three weeks. You can use many of the brain boosters here and get immediate results, but it is creating new habits that will give you the most brainpower.

FITNESS
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STORM
COMING



There are women that are just happy to be in wrestling.
And then there's Toni Storm. Wrestling is her life. Toni Time is here.

PHOTOGRAPHED BY @ONEDOPEPHOTOGRAPHER
INTERVIEW BY CLINT THORPE

A true wrestling sensation and a 100% certified BADASS, AEW’s Toni Storm is here to light up the stage and rock everyone’s world. Her intense ring presence undeniable strength and determination have kept her chasing that next big thing, from wresting in Japan to WWE and to even greater heights beyond. For anyone that needs a reminder regarding the sentiment “Strong is SEXY”, well, look no further than the phenomenal Toni Storm.

At the age of just 26, you’ve racked up an impressive list of accomplishments spanning from WWE to AEW. What is your secret to success?

When I was 10 years old, I discovered wrestling on the television and it did something to me. I knew even then, that

next, until I had traveled all over the world. I guess there are some people in this world that won’t take no for an answer, and I am one of those people. My secret is I took that first step and I never looked back and I did it all MY way. This journey has been rough, but also beautiful, and I wouldn’t change it for the world.

“MY SECRET ISN’T REALLY A SECRET. I GOT TO WORK AND I HAVEN’T STOPPED SINCE.”

it was going to be my life, and I wanted to make people feel the same way I felt when I would watch my favorites perform. Nothing has changed since. My secret isn’t really a secret. I got to work and I haven’t stopped since. As soon as I was old enough, I got on a plane, and sent myself to the other side of the world, determined to find out how to become an elite performer, and if I didn’t learn enough, I went to the next place, and the

Your line of work—be it preparing for a photo shoot or a wrestling match—requires you to be in phenomenal shape almost if not all year round. How do you manage to maintain your peak physical condition?

I am a professional wrestler for All Elite Wrestling which requires me to travel to a different city every week to perform. The

schedule can be tough at times, and I sure do get pretty beat up most weeks so it can be hard at times to maintain a steady training schedule. But I don’t let it stop me from getting a few good sessions at StudioFit Orlando, Florida with my trainer Zach Rochette. He pushes me to the limit and since training with him, I’ve managed to get in the best shape of my life. I’ve also found that preparing meals in advance makes everything so much easier. IFBB Pro Jennifer Sweeney has an amazing food prep company in Orlando, FL (Get Fueled) and it’s taken away the stress of trying to cook and travel. The biggest difference I noticed was when I completely cut out alcohol. I literally don’t have time for that kind of dehydration. Not even on my birthday.

You’ve been developing into a more mainstream athlete, taking your fitness to the next level. What are some of the

5 BEST TONI STORM MOMENTS

#5. TONI STORM’S WWE DEBUT IN 2017

What a year it has been for Toni Storm in 2018. She made headlines across indie wrestling by becoming the first ever Progress Wrestling Women’s Champion in the UK. She also competed in Japan, winning the 2017 Cinderella tournament and the 2017 5 Star Grand Prix. She got her big break when WWE came calling and invited her to compete in that years Mae Young Classic.

#4. TONI STORM OFFICIALLY SIGNS WITH WWE IN 2018

In May 2018, WWE signed Toni Storm after she impressed during the Mae Young Classic. She was assigned to the newly formed NXT UK brand and was instantly thrust into the spotlight. Her first assignment was facing Killer Kelly and Isis Dawn to become No. 1 contender for the NXT Women’s Championship. It eventually started her rise to the top of WWE.

#3. TONI STORM JOINS ALL ELITE WRESTLING

Storm signs a contract with AEW and is now part of the promotion’s women’s division.

The former WWE Superstars was introduced as The Bunny’s surprise opponent in the first rounds of qualifying matches for the women’s Owen Hart Foundation Memorial tournament - a match she won with a Storm Zero finisher.







core principles you follow to get that upgraded and powerful physique?

Heavy and consistent lifting. Breaking a sweat each day. Clean and frequent meals. Limiting sugar. Limiting caffeine. Getting enough SLEEP! Cutting out alcohol and eating out. Practicing self-care every day!

Why do you think there’s still such a stigma against women and fitness? The idea that lifting, particularly lifting ‘heavy’, will make them ‘manly’ is outdated and blatantly incorrect. What is your advice to the women that are unsure of lifting because of this?

I’ve never understood this misconception about training. I’ve been trying to get jacked since I was 12 and I’m still chasing that bicep vein at 26. The truth is, lifting weights is so healthy and so important and I urge all women to get lifting.

“ AEW IS FRESH, EXCITING, AND UNPREDICTABLE. I THINK THAT’S WHAT DRAWS PEOPLE IN THE MOST. ”

As you’ve matured and had a myriad of different experiences in the business, what are some of the most important lessons that you’ve learned along the way that have helped you grow?

I have learned that this business really doesn’t care about you or need you and they’ll have a replacement in 5 seconds if they need one so you better be good enough and you better know your stuff. I guess keeping that in the back of my mind has always really pushed me to grow and stay grown.

What is an interesting fact about you that you think your fans would be rather surprised by?

I’m actually quite the hermit. I keep to myself and my inner circle a lot. When I go to work and I’m Toni Storm, I give everyone everything I’ve got, I give them a special part of me, I put on a show. Outside of that, I’m just Toni, I don’t bring it home. Nobody really knows the real me like that. If you could face any of your idols in the ring both past and present, who would it be and why?

Serena Deeb - there’s nothing this woman hasn’t done. She is one of the most experienced on the AEW roster. I’ve been idolizing her since I started. I finally feel like I’m ready for that challenge. This woman knows exactly what she’s doing so it’ll definitely push me out of my comfort zone and challenge me. Those are the matches that make me grow. Those are the matches that make me stronger and I would love the opportunity to face her one day.

You recently made the jump to AEW, why do people love AEW so much, and why does that organization fit your career today?

AEW is fresh, exciting, and unpredictable. I think that’s what draws people in the most. That’s how it is for me anyway. Anything can happen at any time and it’ll have you on the edge of your seat. That’s the sort of thing that gets me excited. Every week I get to escape to a world of mayhem and I absolutely live for it. I started working for AEW in March of this year and I already feel at home. From the moment I started I knew that I would give this company everything I’ve got and then some!

The age we’re living in is undoubtedly a marvelous one in regards to technology. Yet it seems as though the more connected we are on social media, the more disconnect there is between us as a whole. What are your thoughts on that, and how do you avoid falling into that feeling of despair yourself?

As much as social media is a huge part of my job, I don’t let myself get into it too much. I post my content, watch funny videos and then bounce. I can’t help but feel that social media can be extremely toxic and negative. All things I don’t have time for. All things I consider unnecessary. Twitter in particular is not my thing. Too many uneducated opinions that I never asked for, from people that have never bothered to get off the couch. I am out here trying to survive. I am out here trying to pay my bills. So when someone has something nasty to say about me, just know, that I’m sure you’re right and that I also don’t care. Because my job literally involves me getting kicked in the head, what chance do your little tweets have of hurting me? I’ve been in pain for 13 years so good luck.

Mental health is a topic of discussion that’s garnered mixed reactions from people due to their differing views on it. On days during your career and training where you’ve felt down and out and you weren’t at 100% capacity, how did you power through them and kept moving forward?

Sometimes you have no other choice. Sometimes you have to do whatever you have to do and get up. Because everyone is looking at me and I have a job to do. The truth is I don’t know how I’ve done it, I’ve just done it. I never found the instruction booklet.

#2. TONI STORM WINS THE NXT WOMEN’S CHAMPIONSHIP IN 2019

NXT UK TakeOver Blackpool in 2019 will go down in history as one of the best events ever held in the United Kingdom. In front of a packed house, Rhea Ripley defeated Toni Storm to capture the NXT Women’s title. It was a sweet moment in Storm’s career, who had competed for so many years on the UK scene. She finally got her big moment in front an audience who had watched her grow through the years.

#1. TONI STORM WINS THE 2018 WWE MAE YOUNG CLASSIC

Toni Storm’s best moment in WWE was when she beat Jinny, Hiro Yoshi Matsumoto, Mia Yamamoto and Meiko Satomato to win the Mae Young Classic tournament last year. In 2019, she repeated her success and became the first woman to ever hold both the NXT Women’s Championship and the SmackDown Women’s Championship.



You're an inspiration to your fans and an example of never giving up, always staying hungry for that next opportunity, and going after what you truly want. How does it feel to be a strong and motivating idol for people everywhere?

To be honest, I don't know how it feels because I never thought I would be anyone's idol, but it sure is cool to hear that! I had no idea it would all unfold the way it has. I just wanted to be a wrestler. I just wanted to learn the holds and perform them well. I just wanted to be like my favorite wrestler, Jeff Hardy. Because when I watched him as a kid, nothing else mattered. Wrestling provided me with the escape I always needed, and I hope I can do that for the fans now.

In wrestling, you have this badass kickass persona. How much is it you and how much is it your character?

What you see is what you get. That's me going hard out there. I'm just being me. In the past, I've performed in a way that wasn't me at all. But when I finally became comfortable enough to just be my authentic self, I finally started to connect with the audience.

You've traveled so much and gained a lot of experience over the course of your career. What is your favorite place to have traveled, and why?

I would say Japan is where I certainly had the most fun. I used to work out there a lot and I was never bored once. I got to experience a lot of Japanese cultures, made a lot of friends, and had a lot of good times. Tokyo is definitely the most exciting place I've ever been and I have a lot of fond memories there.

You're from Auckland, New Zealand. What are some of the coolest things you can tell us about Auckland?

I lived in Auckland until I was 4 years old so I don't have much memory of it but I do remember how beautiful it was. The grass is very green, and the

air is very fresh. I wish it wasn't so far away. I grew up in Gold Coast, Australia, about a 3-hour flight from Auckland. It's known for its beautiful beaches and great weather all year round. I didn't really need a jacket until I moved to England as an adult.

It seems your love for wrestling found you early on in life.

When was the big moment that you realized you wanted to make this into a career and how does it feel to have actually made it? Most folks have a dream career as kids but that often changes, so as one of the people that actually achieved your dreams, how does it feel?

Sometimes it helps to remind me that if my 10-year-old self could see me now, she'd be pretty proud. I've done so much of the stuff I've wanted to do. I'm got to become a real wrestler and pay my bills through wrestling. I've got to see the world and learn from the best. So it feels pretty cool. When times get tough I like to remind myself how far I've come. I'm glad I never quit and I can finally say it was all worth it.

You're so busy between shoots and matches and training, that it's hard to imagine you have a lot of time off. But for those rare moments when you are free, what do you like doing during your downtime?

As silly as it sounds, I like to do as little as humanly possible! I love being at home, with my husband and dog. I love my family and friends and I love nice days in the sun. So as silly as it sounds, I just enjoy being silly.

What's the one piece of advice you wished someone had given you when you were younger?

If I could go back and give myself some advice it would be to relax and enjoy the process more. I stressed about a lot of stuff that I didn't need to. Obviously, I wouldn't change anything, but I think it's important to remind ourselves here and there, that it's all good, and it's okay to enjoy things, and there isn't anything we can't get through if we keep calm and carry on.





SYD LANGSTON

PHOTOGRAPHED BY @JOEYWRIGHTPHOTO

Syd Langston is a true renaissance woman. She's one of the hottest models in the fitness industry current, one of the great new photographers today and she's a top influencer. What can't the woman do. One thing we are for certain, she can rock a bikini.



What inspired you to begin your fitness journey?

Fitness has always been a huge part of my life - I've always been very athletic and into sports. My dad had me on ice skates at the youngest possible age and I continued to play multiple sports competitively throughout high school. I've known since my early teens that it would always be my #1 passion and forever be a big part of who I am.

What are 3 exercises you can recommend for a quick workout session on a busy day?

Jump squats
Reverse lunges
Single leg Glute bridge with booty bands

What drives you to keep going on rough days?

Knowing that it's only a temporary feeling and my future self will thank me for pushing through.

When preparing for a shoot, what are some differences in your workout regimen?

Definitely more cardio leading up to the shoot in the morning/evening to make sure my blood is constantly flowing, toxins are sweating out and my carb stores are empty. I also focus on putting most of my energy into glute and quad-focused workouts for a sweet lower body pump.

How can newcomers on their fitness journey better manage their relationship with food?

Educate yourself! Learn about nutrients, metabolisms, and the relationship between calories in vs energy out.

Something that's helped me have a positive relationship with food is to think of my body as a whole different person than who I am - someone that I love and care about (I know that's a weird way to look at it) I think when you change your

perspective and focus more on nourishing a body you love rather than "good" and "bad" food it takes off a lot of pressure and stress. I feel like this gives you more room to appreciate food that makes you feel good (which generally is food that is also good for you) and steers you away from crash diets that end miserably. That being said... it's also important to feed your SOUL too. Have a burger here and there - I feel like the stress of restriction is the difference between a fad diet and a healthy lifestyle.

If you could have one absolute favorite meal of all time that wouldn't affect your body, what would it be and why?

Seafood Fettuccini Alfredo with BBQ ribs, a garlic bread grilled cheese sandwich, and chicken strips with plum sauce. I feel like there's no explanation as for why - It would be like heaven on a plate.

Some people could mistake consistency for intensity when trying to get their ideal body. What would you suggest they do to get out of that mindset?

Personally, I think people need to get into the short-term pain, long-term gain mindset. We're all so focused on achieving things as quickly as possible that we forget about the realistic side of things that nothing appears overnight (especially abs and an A\$\$ shelf) Consistency is key - Simple as that.

Do you have any inspiration within the fitness community?

Myself 24 hours ahead because I know I'll be that much stronger, healthier, and wiser.

If you could work with anyone in the industry who would you work with?

The main photographer for Fitness Gurls magazine.

What's your no.1 favorite travel destination for work or vacation?

Australia every time. Specifically Bondi beach.

If you could give your younger self some advice, what would it be?

Don't try to impress anyone but yourself.







Back In Shape

Build big strong shoulder muscles for v-shape

Most people think that in order to get that V-shaped upper body like comic book superheroes, they only have to develop big broad back muscles and lats. Well, by having broad back muscles and well-developed lats is only part of the equation to get a V shape upper body. For complete V shape upper body development, you will also need to build a powerful chest, big strong shoulder muscles or commonly called deltoids or delts for short and a slim waist.

We shall discuss how to build big shoulder muscles in this article. You see, you may have a wonderful six pack abs or well-defined chest muscles, but when you are in your street clothes, no one can see them. But if you have that massive V shape with bulging shoulder muscles, your body frame will tell the world that under those clothes are a well-defined body of a gym warrior.

As with building any muscles in your body, the intensity is the key to building big deltoids. Your shoulder muscles are made up primarily of the anterior deltoid (front delt), medial deltoid (middle delt) and posterior deltoid (back delts). All 3 parts of your shoulder muscles must be targeted to build well defined and big strong deltoids that threaten to burst through your shirt. The problem here is that most people do not know that they must work on all 3 shoulder muscles and do most shoulder workouts by just concentrating on the anterior delts with exercises such as military press. Furthermore, working only

on anterior delts could lead to over training your shoulder muscles because many other exercises like the bench press, dips and pushups also recruit shoulder muscles for its movements.

You should be careful when working on your shoulder muscle exercises as your shoulders joints are very susceptible to injuries and therefore proper form in executing the exercises is crucial. Don't let bad exercise form cause you injuries that may be permanent and put you out of the gym forever. One common injury prone exercise is the narrow grip upright row. Although this is a great trapezius and shoulder muscle exercise, it should be avoided because this exercise invokes unnatural and awkward shoulder joint movement.

So what exercises are good for building big strong deltoids? Well, besides the military presses, try Arnold Press, Lateral Raise, Bent Over Lateral Raises, Shoulder Width Upright Row and Shoulder Cable exercises. Ask your personal trainer or read up on how to perform these exercises in excellent form for great shoulder muscle development.

Remember that you must also develop other aspects such as a big broad chest, wide back muscles and flared lats as well as a slim waistline to get that much coveted V-shaped upper body.

Heidi Cannon

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PHOTOGRAPHED BY @BRANDONDAVIDIMAGES

We're so happy to feature Heidi Cannon again! With her fiery passion for fitness and her insanely gorgeous body, her beauty was something we just had to capture again.





What's cooking in Mrs. Cannon's Kitchen these days? Any new items users of your app and brand can expect to see right now or soon?

Definitely been slacking in my own kitchen lol needless to say as soon as my competition is complete I'm starting a new line of pre-made protein treats I can't wait to share. For the next couple of weeks, it's just laser focus on my show so eating nothing but fish and chicken.

Some fans may not know this but aside from baking/cooking and lifting, you've invested time in belly dancing. When did this love affair with art begin?

It started Years ago when I became obsessed with Shakira I took a few dance classes and I was hooked! I've been actually belly dancing professionally at weddings, parties, and special events for the past 7 years! It's an awesome way to get a workout in and make a great living at.

What are 3 exercises you can recommend for a quick workout session on a busy day?

I would say invest in booty bands for sure number one! Then three exercises that are so effective for the glutes are clamshells, kickbacks, and glute bridges all with booty bands

You're a girly girl on the outside but also play into the tomboy side, tell us about that.

I absolutely love makeup, and fashion getting dolled up but On the flip side I love my motorcycles, fast cars jacked-up trucks, and anything golf. I love to do it all. Aside from camping that I'm 200% not into it.

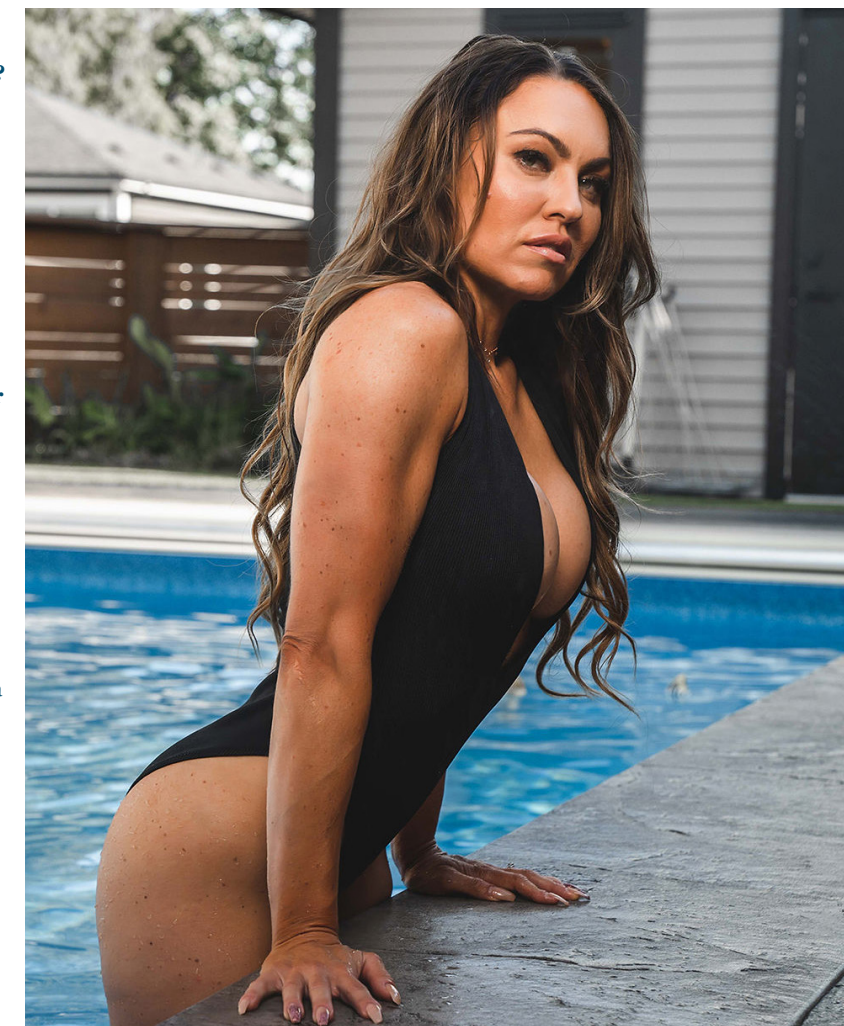
How can newcomers on their fitness journey better manage their relationship with food?

Great question. I like to give my clients the 80/20 rule 80% of the time track your food, whether it's on an app or simply writing it on your phone Try and be mindful of what you're eating the other 20% of the time enjoy life have a slice of pizza a little glass of wine whatever that may be creating a good balance is key.

If you could have one absolute favorite meal of all time that wouldn't affect your body, what would it be and why?

Pizza for life! Ha! That and cinnamon buns I'm on a real craving for that these days.

Some people could mistake consistency for intensity when trying to get their ideal body. What would you suggest they do to get out of that mindset?



Winning the WBFF World Championship for the Bikini division that is my number #1 inspiration.

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I would say consistency is absolutely the key in order to have an ideal body you must be consistent in your daily workouts & mindful of your eating. We can't just go hog wild for a month and expect to keep that physique all year long, it needs to be a daily habit and again with the 80/20 rule being applied.

Do you have any inspiration within the fitness community?

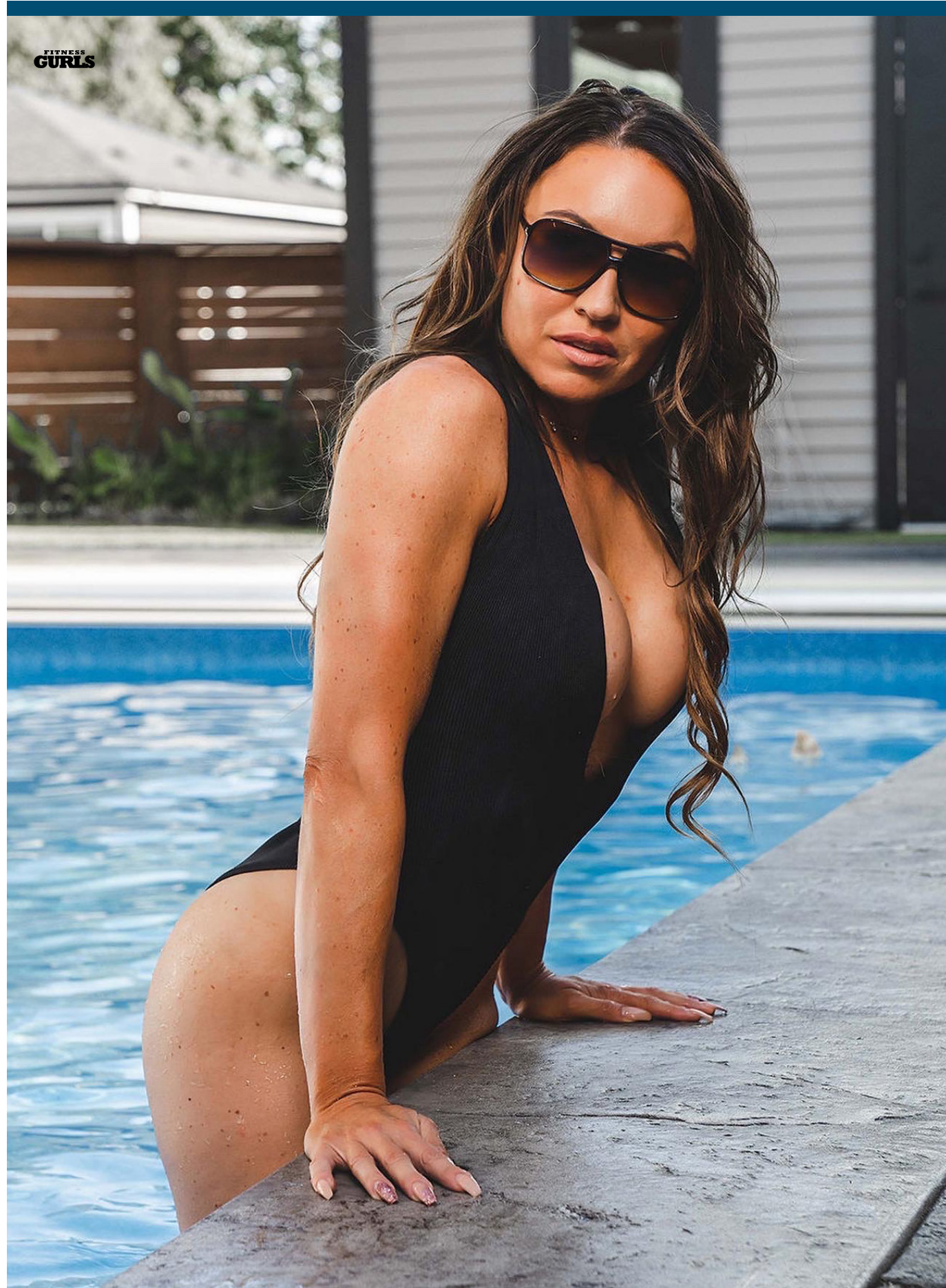
Winning the WBFF World Championship for the Bikini division that is my number one inspiration.

If you could work with anyone in the industry who would you work with?

Hope Beel for sure!! And Page Spiranac the pro golfer. She's a babe and has an interesting swing.

What's your no.1 favorite travel destination for work or vacation?

Absolutely Palm Springs California my second home. Sun and golf. Perfect!







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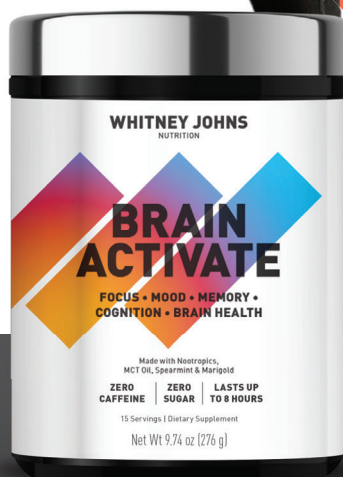
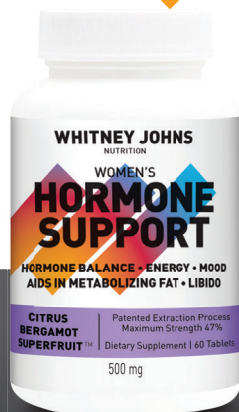
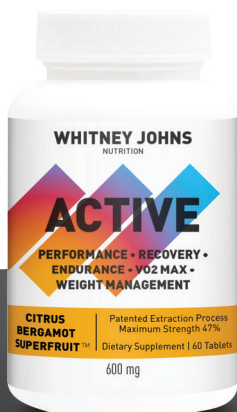
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